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Capture The Big Easy's biggest party in a dessert with this Banana Bourbon Bread Pudding PAGE 20

# LOVE AT FIRST CLICK

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## POPE PACKS IT IN

Pope Benedict XVI, pictured in 2005, waves as he rides on the Popemobile through St. Peter's Square at the Vatican, following his instalment mass. The pontiff announced Monday he would resign on Feb. 28 because he is simply too old to carry on. For more, see page 6. ANDREW MEDICHINI/THE ASSOCIATED PRESS FILE

# Nurses deal next for AHS to negotiate

## Expiring contracts.

Both sides holding off on talks until provincial budget is unveiled

**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Alberta nurses could be the next labour group dealing with a cash-strapped province as their contract expires next month.

The contract with nurses at all Alberta Health Services (AHS) facilities, Covenant Health facilities and some smaller hospitals and care centres expires March 31.

Despite the looming deadline, the two sides aren't negotiating until later this year, because of the looming provincial budget talks.

## Quoted

**"I am anticipating that it's going to be difficult."**

David Harrigan, United Nurses of Alberta chief negotiator, on striking a deal with the financially-pressed province.

"Both parties just thought it would be better to wait and have more knowledge about what's going on," said United Nurses of Alberta (UNA) chief negotiator David Harrigan.

Harrigan said AHS and the nurses have yet to exchange opening offers and are holding off until June.

AHS was originally budgeted to receive a 4.5 per cent increase this year, but Harrigan said both sides thought it would be prudent to wait.

"There is some degree of uncertainty on what the budget is going to say," he said.

The province is currently negotiating with other public sector workers and has taken a hard line. Harrigan said he is aware the province is financially pressed and negotiations will be hard.

"I am anticipating that it's going to be difficult."

Harrigan said he understands the province is pressed, but Alberta is also still trying to recruit nurses.

"We understand they're in a tough position, but they ought not to expect to take it out on the nurses," he said.

AHS released only a brief statement in answer to a request. "We've started the process with UNA as the contract does expire at the end of March. We'll be working with UNA to set some dates to get negotiations started," said spokesperson Tahneen Luedee in an email.



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Historic site

## Power plant decision delayed

The historic Rossdale Power Plant was saved from a potential wrecking ball Monday, but its future remains far from certain.

City councillors voted to start exploring options on the site, which needs almost \$8 million in work this year to keep buildings from collapse and another \$87 million in work to make it a commercial site, as the city has previously envisioned.

EPCOR is discussing with the city transferring the plant for redevelopment and has committed \$1 million for the project.

If the city doesn't take the site, EPCOR would have to ask the province to remove the historical designation and then would demolish the buildings.

EPCOR president Don Lowry said they want the site redeveloped, but if forced, they believe the province would at least consider removing the historic designation.

"We don't think they would be unreasonable when we presented the facts to them," he said.

Mayor Stephen Mandel put forward a motion to have the city look at all options.

Quoted

**"If we sell it to someone for a dollar and they do something with it, we are \$87 million ahead."**

Mayor Stephen Mandel

Coun. Ben Henderson said that if the city walked away from preserving a historic site, it would hurt them in the long run.

"If we do not stand up and take some leadership on this, it's going to be very hard to ask the private sector to stand up."

RYAN TUMILTY/METRO

## Shooting. Edmonton police seek vehicle, gun

Police are on the hunt for a car, its driver and a gun after a man was dropped off at the Grey Nuns Hospital with a gunshot injury on Sunday morning.

What is believed to be a 2004-2006 grey Infiniti G35 dropped a man off at the hospital just after 8 a.m. Sunday.

Part of the driver's side rear window was allegedly damaged by a gun that was in the vehicle.

Anyone with information about the vehicle, its owner or the gun is asked to contact EPS at 780-423-4567. **METRO**



Police are looking for more information about this vehicle, which was captured on hospital surveillance cameras. CONTRIBUTED

For more local news, go to metronews.ca



## Least-faithful cities. Edmonton ranks up there

Edmonton has been listed as the third most cheater-friendly cities in Canada, according to AshleyMadison.com — a website that connects married people with dates.

Ottawa ranked No. 1, and Calgary ranked just above Edmonton in second place.

According to the AshleyMadison.com data, Edmonton saw a surge in signups for the website with 19,754 registering in 2012.

Edmonton also has the highest percentage of men over the age of 50 registered. **METRO**

Top 10 cheat sheet

The top ten cheating cities per capita during 2012:

- Ottawa, ON
- Calgary, AB
- Edmonton, AB
- Saskatoon, SK
- Toronto, ON
- Halifax, NS
- Vancouver, BC
- London, ON
- Regina, SK
- Montreal, QC

# Council moves forward on smaller housing lots

**Confronting change.** Public hearing to be held on divided issue

RYAN TUMILTY

ryan.tumilty@metronews.ca

Contentious changes to allow smaller lots in older neighbourhoods will go to a city council public hearing in March.

Council's executive committee voted to move forward on the changes with the hearing despite a request from dozens of Edmonton community leagues to delay for more public consultation.

The changes the city is considering would allow 50-foot lots to be subdivided — meant to increase density in neighbourhoods.

Council heard from 18 people, with some saying the changes went too far and others arguing they didn't go far enough.

"The folks who have moved in, they made a conscious choice not to move into the suburbs, to move into the ma-

Quoted

**"The challenge is that people don't like change and I understand that, none of us do."**

Mayor Stephen Mandel on proposed changes to allow more infill development in mature neighbourhoods.

ture neighbourhoods as they are," said Derek Forsythe with the Queen Mary Park Community League, who opposed the changes.

Allendale resident Nathaniel Aytenfisu said the changes would help the city prosper.

"In the long term, this will help prevent urban sprawl and reduce the strain on our city's services."

Mayor Stephen Mandel said the changes are necessary to keep older neighbourhoods affordable to young families.

"If you want to attract the young people, if you want to attract a different generation of Edmontonians who are going to have kids and grow up in your area, you need to divide those lots."



Narrow lot homes like this one could come to older Edmonton neighbourhoods if the city approves proposed changes following a March public hearing. CONTRIBUTED

1 NEWS



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## City Centre Airport. Expropriation restarted

After a brief hiccup, the city has restarted expropriation proceedings against several landowners at the City Centre Airport.

The city started the proceedings last fall, but after problems with the provincially-appointed inquiry officer, they were forced to start over.

Business owners asked city council's executive committee not to restart the process and spend more time negotiating with them.

"Some of my staff are becoming unglued because of the uncertainty, because I am not able to tell them anything," Derek Nielsen told the committee.

He said he would not

## Youth group

## iHuman robber took recording, photographs

The person who broke into the iHuman Youth Society over the weekend didn't just take computers and equipment, they also took the creative work of the

## Airport

One runway at the airport is already closed and the city will start the redevelopment work later in 2013 or early in 2014.

be able to relocate quickly enough if the process went through.

Coun. Tony Caterina pleaded with city administration to do more to ease the process.

"I am sure you are within your legal rights, but morally and fairly I think you are way offside." **RYAN TUMILTY/METRO**

society's artists.

Catherine Broomfield, the group's executive director said several recordings were stored on the stolen computers.

"Any artist who has ever lost a piece of art they have been working on knows what it is like when you (lose) something that you think is very powerful," she said. **RYAN TUMILTY/METRO**

# Puppy abandoned in car now up for adoption

**Charleston.** High-energy, 4-month-old pooch needs an experienced owner

**In need**  
**25**

The number of dogs, in addition to Charleston, who are available for adoption at the EHS.

puppy.

"Right away, we recognized this puppy — as adorable as he is — needed a lot of work," said Shawna Randolph, spokeswoman for the EHS.

Today, the four-month-old pooch is house-trained and crate-trained and understands the commands sit, come and stay.

Charleston is a high-energy dog and the person who adopts him must register him in puppy classes to continue his training.

Randolph said Charleston's ideal future owner needs experience with puppies and must be someone who will continue with the structure the dog requires.



**Charleston plays with a toy at the Edmonton Humane Society on Monday morning. He was listed for adoption at noon.** ANNALISE KLINGBEIL/METRO

ANNALISE  
KLINGBEIL

Annalise.Klingbeil@metronews.ca

Charleston is happy, healthy and he's got a whole lot of energy.

The puppy, who made headlines after he was allegedly left abandoned in a truck near 180 Street and 97 Avenue for several days without food or water, is available for adoption.

The American Staffordshire Terrier was rescued by police and turned over to the city of Edmonton's Animal Care and Control in late November.

In mid-January, Charleston was transferred to the Edmonton Humane Society (EHS) and put into foster care with a behaviour specialist where he learned how to properly behave as a

[illegible]



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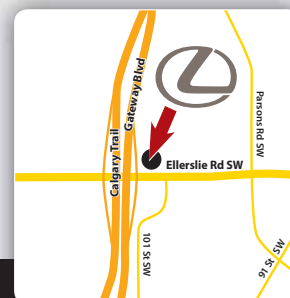


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## Papal succession

## A Canadian contender

If a Canadian does become the next pope and spiritual leader to the world's one billion Catholics, the story of his ascension will begin, appropriately enough, with a hockey injury.

The moment of divine inspiration, when Cardinal Marc Ouellet decided he should pursue the priesthood, came at 17 as he nursed a broken leg.

"I was very much active — over active, hyperactive — and suddenly I started to pray and to read a little more spiritual things because I was unable to play," Ouellet told The Canadian Press in 2005.

Ouellet, made a cardinal in 2003, hails from the tiny Quebec village of La Motte. He was named by Pope Benedict in 2010 to head the Congregation for Bishops, which vets bishop nominations worldwide.

Last year, Ouellet shared

his thoughts on whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he told the Catholic news organization Salt + Light TV in an exchange published last April.

"On the other hand, I say I believe that the Holy Spirit will help the cardinals do a good choice for the leadership of the church, the Catholic church, in the future."

THE CANADIAN PRESS



Cardinal Marc Ouellet  
THE CANADIAN PRESS FILE



Benedict XVI called it OK for a pontiff to resign for ill health, but not to escape scandal, in 2010. FRANCO ORIGLIA/GETTY IMAGES FILE

# Church to see a stable end of days

## Benedict XVI resigns.

After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox future.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who

only had only a slim majority.

When Benedict was elected in 2005 at age 78, he was the oldest pope chosen in nearly 300 years. At the time, he had already been planning to retire as the Vatican's chief orthodox watchdog to spend his last years writing in the "peace and quiet" of his native Bavaria.

Cardinal Andre Vingt-Trois, the archbishop of Paris, called Monday's decision a "liberating act for the future," saying popes from now on will no longer feel compelled to stay on until their death.

"One could say that in a certain manner, Pope Benedict XVI broke a taboo," he told reporters in Paris.

THE ASSOCIATED PRESS

## Succession odds

*God does not play dice — but we do*

Bookmakers have been quick to offer odds on candidates to replace Pope Benedict XVI, with cardinals from Ghana, Nigeria and Canada among the early favourites.

Ghana's Cardinal Peter Turkson, Canada's Cardinal Marc Ouellet and Cardinal Francis Arinze of Nigeria lead in betting with Britain's major bookmakers.

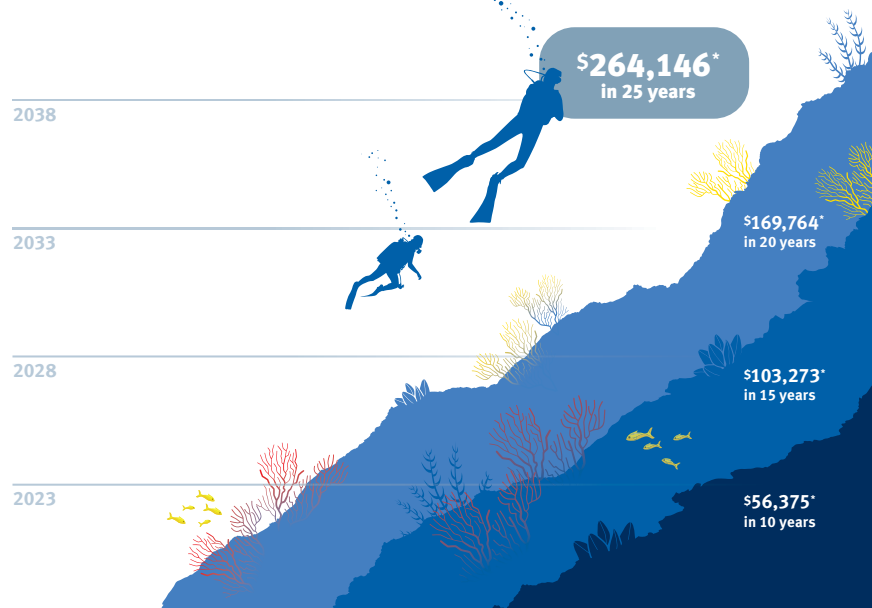
William Hill made Turkson — one of the highest-ranking African cardinals at the Vatican — its 3-1 favourite Monday, followed by Ouellet at 7-2 and Arinze at 4-1.

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There are hits ... and there are misses

## A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting."



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'"

And now his number is blocked."

Steph D., 26



"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture. Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'"

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

COMPILED BY HEATHER MCINTYRE/METRO

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Email us at [readers@metronews.ca](mailto:readers@metronews.ca).

# THEY FOUND LOVE I

**Click! In the name love.** Edmonton-area couples have been meeting online for years. The difference now is more admit it, as growing numbers sign up in search of the same success



HEATHER MCINTYRE  
Metro in Edmonton

The first time was the charm for Heather Watson.

Her initial attempt at online dating through Plenty of Fish led somewhere she didn't think it would: marriage, two kids and a third on the way.

After moving to Grande Prairie, Alta., from Edmonton, Watson signed up for online dating. A couple of months after registering, she met Nicholas in November 2008. He became her husband in July 2010.

"At the time I was very busy managing a female-clothing store," said Watson, now 26. "That didn't invoke a lot of interaction with men, and I had heard that it was easier to meet men (online)."

According to Plenty of Fish, Watson is one of the lucky ones. The website states: "If you are in contact with 100 different singles, 50 per cent of the time your future partner is in the top 10, and 17 per cent of the time we can pick the exact person you will end up dating."

All in all, those aren't bad odds, said Edmonton personal relationship consultant Ryan Jakovljevic, of Evolve Per-



sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.

The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw toward being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

For 25-year-old



Mixing technology and romance is no longer seen as taboo — as our models demonstrate inset, are fuelling the popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

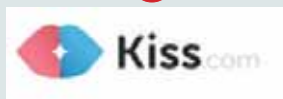
While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a

- 1996: Sixteen online dating websites are listed on Yahoo!

YAHOO!

## Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY  
LAURIE CALLSEN/METRO



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

- 2002: Friendster and MySpace are created, adding another realm where users can interact (and fall in love) online.



# N AN ONLINE SPACE



— now that more and more online success stories, like those of Robin and Andrea Taylor and Mark and Catherine Dowhaniuk,

## Playing the odds

### 1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking, 'His profile picture is nice, his pictures are nice — seems like a nice guy' and then you meet him and all he wants is one thing."

"So it's discouraging, but ... you just have to keep at it."

Criticisms of online dating are that the websites promote hooking up, social isolation and easy options that could attract wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

## Exclusively online

To watch Robin and Andrea, and more couples, tell their stories of how they met online, go to [metronews.ca/datingstories](http://metronews.ca/datingstories)



YAHOO IMAGE: WIKIMEDIA COMMONS/JUTTA234; YOU'VE GOT MAIL IMAGE: SCREENGRAB/YOUTUBE; ALL OTHER IMAGES SCREENGRABS



## HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, with whom she had initiated a conversation on Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older — 27, 28 — it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

## Quoted

**"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."**

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,



- **2004:** Facebook is created.



- **2006:** Social networking website Twitter is created.

- **2007:** Online Dating Magazine says more than 20 million people visit at least one online dating website a day.



- **2009:** An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

## Part 2 of 3

**YESTERDAY**  
Is traditional dating dead?

**TODAY**  
The rise of the e-dating jungle

**TOMORROW**  
E-dating success: How to shine online

# Father finds plane wreckage where son died

## Manitoba crash.

Family of nine-year-old does not blame pilot, who also died along with his own two sons

Nine-year-old Dawson Pentecost was hanging out with his two closest friends, buddies on his Manitoba hockey team, when they asked him if he wanted to go for a plane ride

with their dad.

Dawson had never been on a plane before and he phoned his own father to make sure it was OK.

Dave Pentecost knew the pilot well. Darren Spence, was an experienced crop-dusting pilot in the small town of Waskada and if he was going to trust his son with anyone in the air, it would be Spence.

But later Sunday afternoon, Pentecost, a construction worker and volunteer firefighter,

## Community devastated

**"It is a small school and to lose three students is a shock."**

Waskada Mayor Gary Williams says people in the town of about 200 are devastated. Everyone knew the pilot, Darren Spence, and all three boys were students at the local school.

got a message on his pager that a plane had gone down. He rushed out on snowmobile to a field outside of town and was one of the first to find the wreckage.

He fell to his knees and cried. Everyone on board the

plane — Dawson, his friends Gage, 10, and Logan, 9, and their dad, Spence — was dead.

When Pentecost got himself together, he called his wife.

"The plane was in pieces — nothing left," said Pentecost's oldest child, 15-year old Talis

Taylor-Meszaros.

The teen said Monday his parents are so distraught by his brother's death, they have asked him to act as family spokesperson and talk about what happened, and how they don't blame the pilot.

"It's not his fault," said Talis. "It wasn't Darren who did it. It was totally the plane's fault ... He'd never do anything, especially with his kids there and especially with someone else's kid there."

Investigators confirmed the six-seater Cessna 210 left a private airstrip near Waskada on Sunday and was scheduled to fly 110 kilometres northeast to Brandon.

When the plane's emergency beacon went off, a military search-and-rescue plane from Winnipeg was dispatched to the crash site about five kilometres from the same airstrip. A crew parachuted down, but there was no one to save.

THE CANADIAN PRESS

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## The Silvermans. Comedian's sister among women detained at Israeli holy site



Wrapped in Jewish prayer shawls Rabbi Susan Silverman, left, along with her teenage daughter Hallel Abramowitz are detained by police officers in Jerusalem's Old City on Monday. TAL MAYER/THE ASSOCIATED PRESS

Israeli police Monday detained 10 women, including the sister of American comic Sarah Silverman, as they tried to pray at a Jerusalem holy site, the head of a Jewish women's group said.

Anat Hoffman, who was among those detained, said the women were stopped because they were wearing religious garb that Orthodox Judaism reserves for men. The incident occurred at the Western Wall, one of Judaism's holiest sites.

Silverman's sister Susan, a Jerusalem rabbi from the liberal Reform stream of Judaism, was detained along with her teenage daughter.

Sarah Silverman wrote on her Facebook page that she was "SO proud" of her sister and niece for their "civil disobedience." The original post included more explicit language typical of Silverman's humour.

The women belong to Women of the Wall, a liberal group that goes to the Western Wall each month to worship. They conduct certain rituals,

such as wearing prayer shawls and singing out loud — practices reserved for men under strict Orthodox interpretations.

"This is just attrition," said Hoffman. "They want the group to become frightened."

The Monday detentions took place after about 300 people gathered at a prayer service at the Western Wall to protest Orthodox control of the site. Among the worshippers in the group, Hoffman said, were about 100 male supporters, including veterans from the legendary Israeli paratroopers' battalion that captured Jerusalem's ancient walled Old City, including the Western Wall, in the 1967 Middle East War.

In December, after Hoffman was arrested under similar circumstances, Prime Minister Benjamin Netanyahu ordered the head of the semi-governmental Jewish Agency to come up with solutions that would allow for non-Orthodox women to pray freely at the site.

THE ASSOCIATED PRESS

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## Air travel. WestJet to launch new Encore regional service in B.C.

Canadian passengers flying in Western Canada will see some relief from rising airfares this summer as WestJet's new Encore regional service takes flight in June, analysts say.

The airline will add Fort St. John, B.C. to its network and use the first two 78-seat Bombardier Q400s on routes between Vancouver and Victoria, and Calgary to Nanaimo, B.C. Additional routes will be added as it takes deliv-

ery of five more planes by the end of the year.

"We are just getting started," said WestJet Encore president Ferio Pugliese, calling the upcoming launch a "historic moment." WestJet Encore's introductory fare on the Fort St. John routes to Vancouver and to Calgary are \$109 plus taxes, or up to about \$172.

WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months.

THE CANADIAN PRESS

### E. coli outbreak

#### XL Foods review panel will cost up to \$3,500 a day

It will cost taxpayers up to \$3,500 a day, plus expenses, for a three-member panel to review the E. coli outbreak at a Brooks, Alta. meat plant last fall. A federal cabinet order shows Ronald Lewis, B.C.'s former chief veterinary officer, will be paid up to \$1,300 a day to chair the panel. THE CANADIAN PRESS

### Market Minute



**DOLLAR**  
99.57¢ (-0.16¢)



**TSX**  
12,748.15 (-53.08)



**OIL**  
\$97.03 US (+\$1.31)



**GOLD**  
\$1,649.10 US (-\$17.80)

**Natural gas:** \$3.29 (+2¢)  
**Dow Jones:** 13,971.24 (-21.73)

# Who's hiding the horsemeat? EU regulators aim to find out



These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. CHRISTOPHE ENA/THE ASSOCIATED PRESS

**Bogus beef.** As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

### Quoted

"There are people who are out there to defraud, who are looking to cheat."

France's agriculture minister Stéphane Le Foll, speaking to RTL radio.

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stéphane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. THE ASSOCIATED PRESS

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## GO LOVE YOURSELF



**SHE SAYS...**  
Jessica Napier  
metronews.ca

OK everyone: we need to re-surface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe.

Valentine's Day can be a lovely opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self love, but the happiness that comes from being truly confident with who you are.

Cliché as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

### I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

But is having an inflated self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of 'selfies' on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends, a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall, I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless individuals who would disagree with me on my self-evaluation of greatness, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.

## Skirting around winter blahs



THOMAS LOHNES/GETTY IMAGES

### Carnival festivities

#### Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revellers in Herstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. **METRO**

### Satire in float formation

#### Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets with a Hitler-like moustache being drawn on by a Greek. **METRO**

### Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. In derision against the orderliness of the Prussian soldiers, locals would don extravagant costumes

and carry wooden rifles with flowers protruding from the barrels.

- **Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



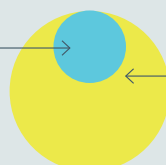
Looking for love this Valentine's Day? Look within. • ABH1/Flicker



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A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?

17%  
YES, THAT'S  
TOO CLOSE  
FOR  
COMFORT



83%  
NO, IF NASA  
SAYS DON'T  
WORRY, I  
DON'T  
WORRY

### Twitter

**@jordyinnnes:** ●●●●  
It may be the alcoholic in me, but I could crush a pint on a patio in #yeg today!

**@LamyAsiff:** ●●●●  
I need a Jif peanut butter dealer in this city. Does anyone have a connection? I'll pay double the street price. #yeg #seriously

**@thexsivdon:** ●●●●  
I saw this Tardis here & figured Dr. Who had landed in Capilano Mall, I hope he doesn't mistake the

creepy people for angry aliens! #yeg

**@tommyisyeg:** ●●●●  
Three pocket dials to my office within 30 minutes this morning from three different numbers. What's going on, #yeg? #pocket-dialathon

**@IAMByks:** ●●●●  
Hey #yeg drivers. Once the lines on the pavement are visible, your chaotic winter parking rules no longer apply. Park within the lines.

DVD review



Skyfall

Director. Sam Mendes

Stars. Daniel Craig, Javier Bardem, Naomie Harris

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

## Honeymoon with Wanda

### Coming to Canada.

Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster



NED EHRBAR

Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster

following Foster's headline-grabbing Golden Globes speech last month.

### Is there anything you do to modify your show for Canadian audiences?

Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

### When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your association with it?

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

### Did you just call Jay Leno an old man?

I will call Jay Leno an old man to his face. He knows that.

### You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

## Naomi puts her best face forward

**Model search.** One of the world's original supermodels turns to TV to find the visage to represent ULTA Beauty

NED EHRBAR

Metro World News in Hollywood

Naomi Campbell is heading to TV, joining fellow models Coco Rocha and Karolina Kurkova along with photographer Nigel Barker with the Face, their search for the model who can best represent ULTA Beauty. It's

a daunting task, but the 42-year-old Campbell knows what she's looking for.

### Reality TV is the new model training ground

"There is no model handbook," Campbell says. "Coming from the '90s, we basically just had to learn as we went along and, of course, I would ask Iman or other models who were around me to show me how to do things. But I think things have changed and now I think a show like this is absolutely needed."

### She knows talent

"We're looking for someone

who catches your eye, is driven, passionate, can take direction," she says. "It's someone that, you know, walks into the room and takes your breath away. We are looking for a supermodel like ourselves that can be the new Naomi, the new Karolina, the new Coco."

### The girls better not take this opportunity for granted

"I was always told in the beginning the big end goal was you work, work, work, work and then you get this big contract at the end, like ULTA Beauty, which is in 500 stores across America," she

says. "This is a big deal for someone to win this contract. They instantly become a household name."

### It's time for her to give back

"I mean, I've been asked, like, for the last 12 years to do television," Campbell admits. "For me, what was attractive about (the Face was) just the whole thing about mentoring. I've been working for 26 years, and I felt like I do have something that I can share from the business of 26 years under my belt and giving it over to young, hopeful supermodels who want to be in our business today."



Naomi Campbell GETTY IMAGES

2 SCENE



# The American Dream for a pair of KGBs

## New drama.

Matthew Rhys and Keri Russell balance their spy partnership with a suburban Washington Reagan-era existence

It all started with a slap for Matthew Rhys. Trying out for *The Americans*, he took one in the puss from Keri Russell.

This new FX drama, whose third episode airs Wednesday at 10 p.m. EST, focuses on two KGB spies posing as an ordinary American couple shortly after Ronald Reagan became president.

As Philip and Elizabeth Jennings, they have a comfortable home in a Washington suburb, two sweet kids, a travel agency they run and, by all signs, a solid piece of the American Dream. No one would suspect that they are Russian-born plants bent on burying the United States with subterfuge and brutality.

No one, that is, except their new neighbour, FBI agent Stan Beeman (played by Noah Emmerich with an infectious mix of cunning and dorkiness), who has recently moved in with his family across the street. He represents just one among the many threats of exposure, imprisonment or death they face daily.

"It's an incredible balancing act to portray the domesticity of their suburban lives and the struggle of their relationship as an arranged couple, and then the extreme spy stuff," says Rhys.

"The balancing act is very difficult," echoes Russell in a separate interview. "We're spies, but how much do you play that reality? And how do you play the masquerade that you're NOT a spy? There are so many layers to it."

*The Americans* is a good old-fashioned thriller, set in a world without cellphones, Internet and PCs, where gumption counts as much as gadgetry in the espionage game. In *The Americans*, the world is a very anxious place, yet is handily divided between good and the evil empire (as Reagan dubbed the Soviet Union).

Meanwhile, the series calls on viewers to root for Philip and Elizabeth as they risk everything to advance this "evil empire."

However driven in their partnership, they are butting heads. Elizabeth despises American values. She is fiercely devoted to the cause of Mother Russia. But Philip is torn: He doesn't think the U.S. is such

## Rhys on Russell

Matthew Rhys has nothing but good things to say about his co-star, Keri Russell. "She's INCREDIBLE! She's the total package!" he declares. "Her work ethic is huge, she takes the right things seriously and most of the other stuff, not. I wish she had a little more awareness of how good she is."

a bad place. "That kind of disagreement is something I understand as someone who is not a spy, but as just someone in a marriage," says Russell with a knowing smile.

For most viewers, Russell, now 36, needs no introduction. In 1998 she burst on the scene, complete with those flowing pre-Raphaelite curls, in the title role of *Felicity*, then followed up with the miniseries *Into the West*, films including *Extraordinary Measures*, *Waitress* and her upcoming horror flick, *Dark Skies*, and, alongside Will Arnett, the short-lived sitcom *Running Wilde*.

The script for *The Americans* arrived at Russell's door just days after the December 2011 birth of her second child, Willa Lou, with carpenter-husband Shane Deary. Understandably, she wasn't eager to rush back to work.

"But this show was so strange and complicated I couldn't really figure it out, and I thought, 'That could stay interesting and fun to do,'" she says. Besides, it conveniently substitutes circa-1980s Washington with New York locations. "It shoots near my house in Brooklyn. I can ride my bike to work."

Still sylphic and long-haired, Russell makes an ideal Elizabeth Jennings, who, by turns, is a lovely wife and mother, a fearless operative and a rock-'em-sock-'em brawler.

And to hear her talk, Russell seems thrilled with her leading man.

The 38-year-old Welsh-born Rhys is best known from ABC's drama *Brothers & Sisters*, where he played lawyer and gay man Kevin Walker. His credits also include the indie film *The Scapegoat* and the BBC miniseries *The Mystery of Edwin Drood*. "He's a real actor! I'm in awe of him!" says Russell. "We'll be doing a scene and I'll go, 'Matthew's doing all of THAT, and I'm just doing THIS! Argggggg!' Between Matthew and Noah Emmerich and me, I'm the most boring TV person in the show." **THE ASSOCIATED PRESS**



Anthony Edwards is a magazine publisher involved in an historical mystery in *Zero Hour*. THE ASSOCIATED PRESS

## Zero Hour. After ER and an epic journey, Anthony Edwards is back

A decade after Dr. Mark Greene hung up his white lab coat for good on *ER*, Anthony Edwards is back as the star of a new television series.

He plays Hank Galliston, a magazine publisher wrapped up in an historical mystery after his wife is kidnapped on Global's *Zero Hour*, which premieres Thursday at 8 p.m. EST. The action thriller requires an audience to concentrate as the story unfolds layer by layer.

The road back to series television took Edwards many miles to travel — literally thou-

## May I have this dance?

"It's like, the prom queen chooses you to have a dance."

Zack Estrin, one of the executive producers of *Zero Hour* on getting Anthony Edwards for the show.

sands upon thousands.

Edwards' character Dr. Greene was the heart of what was then television's most popular drama before the actor bowed out after eight years. Upon leaving, "I didn't really have a plan other than I knew I wasn't going to jump into a series again and I knew that I was really tired and burnt out," he said.

Professionally, maybe. Personally, Edwards had a clear strategy. The California native moved his wife and four children to New York. He was going to spend time raising his kids and give his wife time to establish her artistic career before they took off on a dream adventure.

While fellow actors George Clooney and Julianna Margulies left *ER* quickly to try other things, Edwards committed himself to a four-year contract. At the time, the commitment seemed huge — four years seems a lot longer at age 36 than it does now, when he's 50 — but the decision set him up financially for life. He bought a plane and took the family (and two teachers) on a 310-day trip around the world, through Africa, India, Southeast Asia and just about every exotic place you could imagine. "It sounds like *Howdy Doody*," Edwards said. "But I've never met the older man who wishes he had spent less time with his kids while they were young. You don't meet anybody who says, 'God, I wish I had worked harder and was gone more.'"

Edwards was always comfortable behind the scenes, and had been close to leaving acting for directing before getting the *ER* job. He has his own production company, Grand Central Entertainment, and was an executive producer of HBO's *Temple Grandin*. He did some film acting in *Zodiac* and the memorable flop *Motherhood*.

Showtime's loss proved ABC's gain. Grand Central developed a series about a high-end public relations firm that Edwards had planned to act in and when Showtime passed, he found himself with free time. Edwards started looking at other scripts and found *Zero Hour* to be "a total page-turner."

Zack Estrin, one of the show's four executive producers, couldn't believe his luck.

"It's an honour when somebody who could have his choice of shows chooses yours," he said. "It's like, the prom queen chooses you to have a dance."

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Keri Russell and Matthew Rhys play a suburban couple out to bury the U.S. on *The Americans*. THE ASSOCIATED PRESS



## Ross reveals she is 'listening to her heart' after affair

Liberty Ross is speaking out for the first time since filing for divorce from Rupert Sanders in the wake of his affair last summer with his Snow White and the Huntsman star, Kristen Stewart. Ross is "keeping her head down" and "listening to her heart," she tells the Associated Press. Meanwhile, sources tell Us Weekly that Sanders' affair was simply the last straw in an already strained marriage. "She wasn't very happy, even before all this happened," a source says. "Rupert put a lot of pressure on her to change her life for him, and they moved to L.A. for him. She was such a big deal in England — a bigger deal than him, even."



Liberty Ross ALL PHOTOS GETTY IMAGES

## Chastain feels no disdain



Jessica Chastain

Jessica Chastain doesn't appreciate the rumours out there that she and fellow Oscar nominee Jennifer Lawrence are feuding.

"I find it very sad that media makes up bogus stories about women fighting in this industry," Chastain writes in a post to her Facebook page. "Why do we support the myth that women are competitive and cannot get along? I think all of the actresses recognized this year have given incredible performances. But more important, they've all shown themselves to be filled with generosity and kindness. I've done two photo shoots with Jennifer Lawrence over the years and have found her to be utterly charming and a great talent."



Angelina Jolie

## Jolie pops head out of hiding to present film industry honour

Angelina Jolie has kept a fairly low profile lately, sticking around London with her family while she filmed her upcoming Maleficent and Brad Pitt worked on World War Z. But the busy mother of six made a surprise appearance in L.A. this weekend,

presenting a lifetime achievement award to cinematographer Dean Semler at the American Society of Cinematographers Awards, according to Us Weekly. Semler shot Jolie's directorial debut, In the Land of Blood and Honey.

### Twitter



@ricky\_martin

The #Pope resigns? I didn't know that was even possible. Apparently, the last time a pope resigned was the year 1415 #IfYouRintrested



@SarahKSilverman

When I die my only wish will be to have a religion started based on me (like where I'm the star) & also my face on money



@DanaDelaney

Now that gays can marry, the Pope resigns. #met-someone



@ABFoundation

I will not let the weather defeat me...

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Get in on the Grammy gossip



THE WORD

Dorothy Robinson  
scene@metronews.ca

Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the



morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top 2012's numbers. Why? No dead pop icon. Last year's record audience was be-

cause the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

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# The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS  
romina.mcguinness@metro.lu

## BEFORE



**TAKE A PROBIOTIC** If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



**BEAT THE BLOAT** Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



**FILL UP ON H<sub>2</sub>O** Drink plenty of fluids. A dehydrated mouth is a smelly one.



**DON'T DRINK ON AN EMPTY STOMACH** But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

## DURING THE DATE



**SKIP THE SPAGHETTI** If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



**AVOID GASSY FOODS** Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



**SKIP THE ESPRESSO** End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



**PACE YOURSELF** Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.

**WATCH YOUR MOUTH** Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

## AFTER



**DON'T SAY WE DIDN'T WARN YOU...** If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



**PRACTISE SAFE SEX ...** The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

### Close encounters

### ...and other health issues you might want to be aware of

**Teeth.** According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

**Food hygiene.** Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

**Body odor.** You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the PH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

### Best Health Minute

## Health truths and falsehoods



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In each issue of *Best Health* magazine, we offer Canadians real answers to everyday questions when it comes to health, beauty, fitness and nutrition. One of our regular columns is *What Works, What Doesn't*,



While mouthwash kills germs in your mouth, it is powerless against the common cold. ISTOCK PHOTOS

and it appears in our January/February issue, on newsstands now. Here are some

highlights from that article:

### 1. Will mouthwash

### actually kill cold germs?

No. While oral rinses with antiseptics do kill germs that live in your mouth, they don't protect against or treat the common cold.

### 2. Can eating fish fight depression?

Yes. The rates of serious depression are lowest in countries where lots of fish is consumed. The brain is about 60 per cent fat, much of it in the form of the DHA and EPA omega-3 fatty acids in fish. Depressed people tend to have low blood levels of DHA and EPA.

### 3. Do you still need to wear sunglasses in winter?

Yes. Sunglasses protect against common vision-robbing conditions, such as cataracts and age-related macular degeneration, caused by the sun's ultra-violet rays. Sunglasses are not just for summer. Snow reflects 80 per cent of sunlight — three times more than water and five times more than sand.

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# Bipolar characters step out of darkness, into the spotlight

## Times a changin'.

TV and movies offer complex characters that help both the ill and others identify

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in *Silver Linings Playbook* and *Homeland*, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her per-



**Silver Linings Playbook** has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

formance as Carrie Mathison in *Homeland*, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine

line to walk. She has to appear unbalanced and competent at the same time," says *Homeland* executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask and to recognize the symptoms when they're either horribly

## Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. [letstalk.bell.ca](http://letstalk.bell.ca).

depressed or intensely manic and are able to self-monitor in those situations. Carrie is sometimes more adept at that than others."

*Homeland*'s writers and Danes have looked to books, consultants and even YouTube videos for inspiration on how Carrie should act in certain situations. One of the show's producers, Meredith Stiehm, also draws from her sister's bipolar experience, Gansa says.

Pat Solitano, the main char-

acter in *Silver Linings Playbook*, is also drawn from real people struggling with mental illness, says Matthew Quick, the author of the eponymous book the movie was based on.

"I was trying to promote hope, I was trying to show that by taking the right steps, that life can get better. And I was definitely trying to promote tolerance for people like Pat," he says. "I think we need films (where) we can go and talk about these things, think about them. But we leave feeling not absolutely destroyed."

Robert Whitley, an assistant professor of psychiatry at McGill University who researches media coverage of mental illness, says that while he thinks "it does take a courageous director or writer or producer to go behind the scenes and try and understand (bipolar) disorder and how it affects people," he has problems with Pat's character.

"It's an inaccurate portrayal

of somebody with bipolar disorder," because Pat is violent and obsesses about contacting his wife when she has a restraining order against him, says Whitley. "These aren't characteristics of bipolar disorder."

(Quick disagrees that the violence is unrealistic, saying he dealt with "violent outbursts every single day" when working in the mental health field.)

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't want to label Pat," Quick says. To create the character, he drew from his work with teenagers who have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

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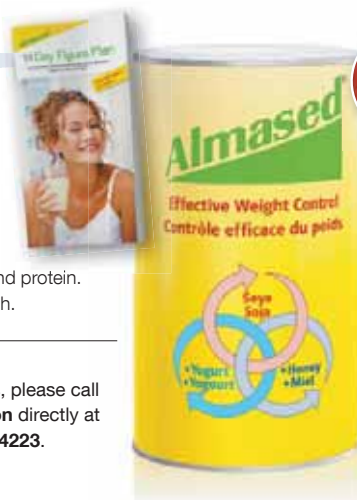
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# Throwing your weight around

## Need for speed.

Former Bruin P.J. Stock swears by plyometrics to increase power and pick up the pace

CELIA  
MILNE  
life@metronews.ca

Want to train like a hockey pro? Get ready to jump!

Metro asked P.J. Stock, former Boston Bruins' left winger, for some advice on training to increase power and speed. Stock, who is now a media personality and trainer at Adrenaline Performance Center in Montreal, says that hard work in the gym pays off on the ice.

"Off-ice training is an essential part of a hockey player's routine. The faster you're able to get to the puck, the better," he says.

Stock is a big believer in plyometrics, or "jump train-

ing," a series of exercises that increase the heart rate quickly.

"Explosive exercises really help push your body through weak spots and teach your muscles to react faster," he says.

A 2010 Spanish meta-analysis (scientific wrap-up of several studies) found that doing a variety of plyometric exercises plus weight training benefits almost everyone — from elite athletes to weekend warriors, to those in poor physical condition.

And plyometrics can improve fitness for both men and women.

"Do exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, speed and agility," says Stock, who is a spokesman for Reebok.

Stock's advice for not getting injured: "Training, nutrition and rest, and a bit of luck!"

## What counts as plyometrics?



P.J. Stock training with a medicine ball. CONTRIBUTED

- Examples of plyometric exercises are jump rope, jump squats, leg hops, box jumps, medicine ball throws, burpees, kettle bell swings and push ups.



P.J. Stock is a spokesperson for Reebok and a trainer at Adrenaline Performance Center in Montreal. GETTY IMAGES

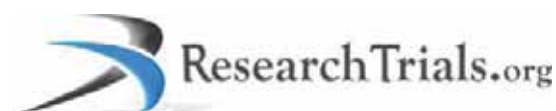
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# Top 5 romantic places to be kissed in Canada

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

MAE BOWRING  
life@metronews.ca



## Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.



## Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.



## Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.



## Kingston

The dark horse on this list, Kingstonians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into to enjoy a we're-about-to-get-caught kiss.



## Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

## Be the good kind of gym rat: watch your etiquette

**My biggest pet peeve is rude and self-centred people at the gym. Is there such a thing as gym etiquette?**



**CHARLES THE BUTLER**  
askcharlethebutler@metronews.ca  
For more, visit charlesmacpherson.com

Yes! There are some good eti-

quette rules for the gym.

Now that many of us are trying to be good this new year, it is important to be considerate of others while at the gym. The gym can be a busy place, particularly at peak times, so keep the following in mind.

1. Whenever you use a piece of equipment always remember to wipe it down after you have used it. Nobody wants to use a machine with your sweat on it.
2. Always try and keep your workout time to a maximum of 30 minutes per machine (perhaps less in peak times).

Some gyms have different rules, so follow them, but if nothing is posted, always think of the other people who are waiting and go do something else.

3. Be mindful of using your cellphone in the gym area. If you do get a call you should leave the gym to have your conversation to avoid your conversation from bothering others.

4. Put your equipment away after you have used it. Don't leave heavy weights on machines for others to deal with or your hand weights on the floor. This is just plain rude.



"Hi, I'm bothering everybody else in this gym!" ISTOCK IMAGES

5. When working out at the gym, you should be clean and wear deodorant. There is nothing worse than smelling someone who is unclean and needs a shower.

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My funny valentine, you are going to have to think outside the box this year in your love purchase.

There are ways to show your affection without all that sugar and fat. And I promise, it will feel just as sweet.

Here are three ideas:

## Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full antioxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that



you thought of me deeply.

## Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

## At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

**THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Fat Tuesday slims down with Red Beans and Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

1. In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until lightly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

2. Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

3. While onion and garlic are cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

4. Stir in reserved sausage and the cooked rice. Cook until heated through. Discard the bay leaf before serving.

## Creole Seasoning

1. In a small bowl combine all ingredients. Store in airtight container for up to 6 months.

**THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

## Ingredients

- 2 tbsp olive oil
  - 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
  - 2 cups medium chopped yellow onion
  - 3 cloves garlic, minced
  - 1 tbsp Creole seasoning (purchased or use the recipe below)
  - Two 15 1/2-oz cans low-sodium red kidney beans, drained and rinsed
  - 2 cups chopped celery
  - 1 1/2 cups chopped green or red bell pepper
  - 6 cups low-sodium chicken broth
  - 1 Turkish bay leaf
  - 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)
- Creole Seasoning**
- 1 tbsp plus 1 teaspoon hot paprika
  - 1 tbsp garlic powder
  - 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
  - 1 tsp each ground black pepper, kosher salt

## Dessert. Mardi Gras Banana Bourbon Bread Pudding

## Ingredients

## For the bread pudding:

- 1 loaf (about 14 oz) banana bread, cubed
- 4 cups (8 oz) cubed French bread
- 2 very ripe bananas, mashed
- 3 eggs
- 1 cup sugar
- 3 cups milk, hot

- 1 tsp vanilla extract
- 1/2 tsp ground allspice
- 1/2 cup pecans, toasted and chopped

## For the bourbon hard sauce:

- 1/2 cup (1 stick) butter, softened
- 2 cups powdered sugar, sifted
- 1/4 cup Bourbon

1. Heat oven to 350 F. Coat 9-by-13-inch baking pan with cooking spray.

2. On rimmed baking sheet, arrange cubed banana and French or Italian breads in even layer. Bake 15 minutes, or until lightly toasted. Set aside.

3. In bowl, whisk mashed bananas, eggs and sugar. While

whisking, pour in the hot milk, then add vanilla and allspice. Gently mix in toasted bread cubes and pecans, then spoon mix into prepared pan. Bake until puffed and cooked through, about 30 minutes.

4. Meanwhile, prepare sauce. In bowl, use an electric mixer to beat the butter until smooth and soft. Add the powdered sugar and beat until well incorporated. Add the bourbon and stir until smooth. Set aside.

5. When the bread pudding has finished baking, dollop the hard sauce over the surface, spreading it as necessary to al-



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

low it to melt evenly over the surface. Serve the bread pud-

ding warm.

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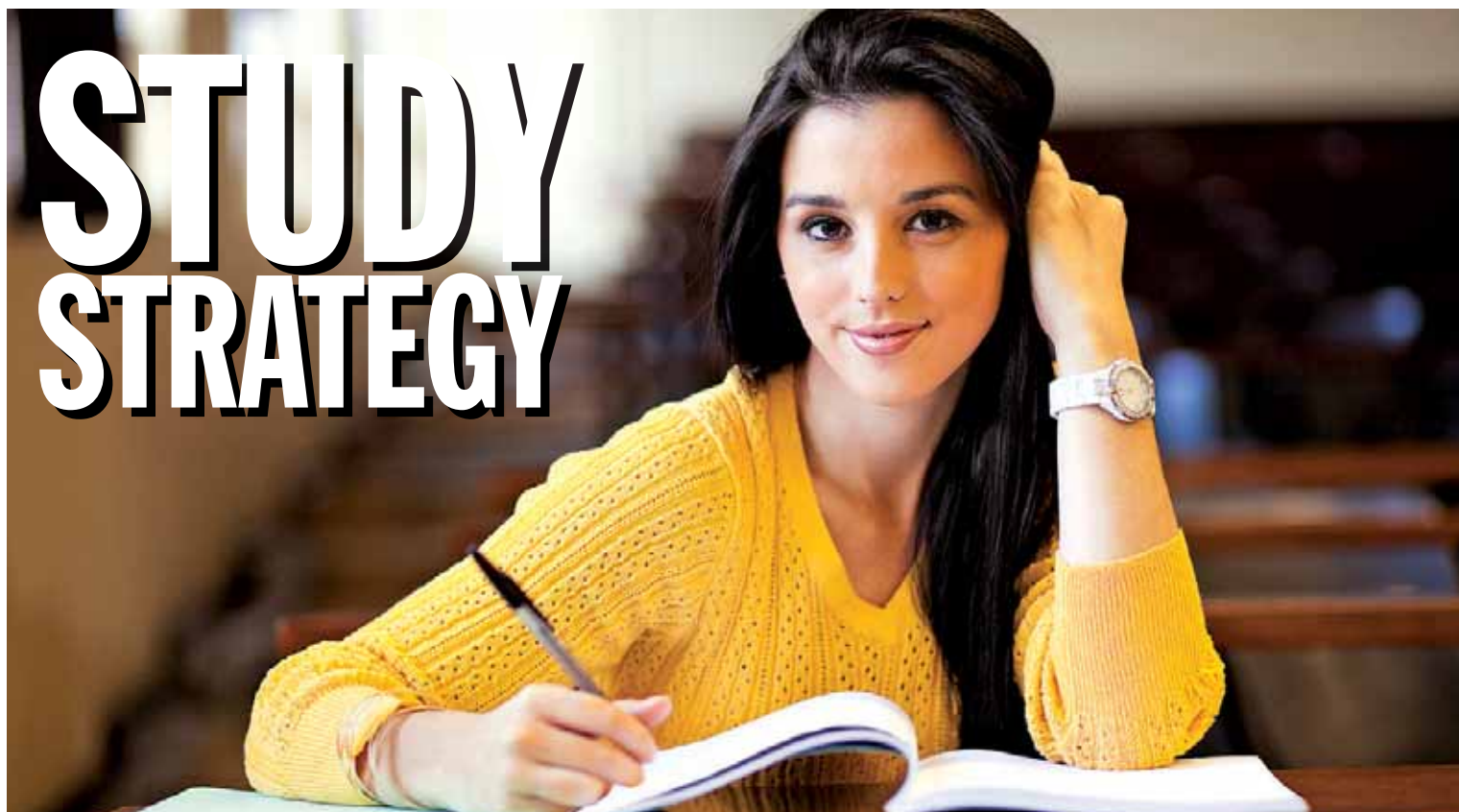
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## PREPARE SLOWLY FOR YOUR MIDTERMS, STUDY DURING THE DAY ARE JUST A FEW TIPS

Studying smartly and eating right can improve your grades more than energy drink-fuelled cram sessions, experts say.

Prepare slowly for your midterm exams, says Elspeth Christie, a learning strategies expert at Queen's University. Go back over all of your notes and compare them with the notes of a classmate. Edit them to concise summaries. Think

about what the professor emphasized in class. Ask and answer exam-style questions.

"This starts the process of moving material from your short-term memory, which only lasts about 24 hours, to your long-term memory," she explains.

Christie notes research shows studying in the daytime boosts your ability by 10

per cent. "This is why the February blahs are really bad, because there is not a lot of daylight. We recommend building into your schedule this nine-to-five workday."

Speaking of time, she says the average attention span is about 30 to 50 minutes. After that, you are talking to a wall. Take hourly breaks to walk around the block or make a cup of tea. It will refresh your brain.

If you do find yourself cramming, use the syllabus as your guide to the core material. Spend 75 per cent of your time drilling on key points. Use your smartphone to record yourself reciting your key notes and then listen to it as you walk around.

Finally, Christie suggests getting seven or eight hours of sleep. Pulling an all-nighter and writing an exam is the brain equivalent to testing drunk. Both are bad ideas.

Jeremy Koenig, assistant professor in the applied human nutrition program at Mount Saint Vincent University, urges students to check out the Canada Food

Guide and shift their core eating away from fast foods and towards fruits and vegetables. Healthier food makes for a healthier brain that better absorbs material.

Instead of ordering pizza, invite your study group to your place and prepare a meal as part of the evening. Also, cut back on booze. "It's an inhibitor of brain performance. Metabolizing alcohol will steal vitamins," Koenig says.

Use energy drinks with caution, he urges. This may be obvious, but energy drinks block your brain's ability to get tired.

"Sometimes you need that," Koenig says, because prolonged dependence on energy drinks will lead to your energy crashing, which will make energy drinks more desirable, fuelling the cycle.

Koenig recommends students hit the grocery store before a study session to stock up on baby carrots, bell peppers and broccoli. Use them as snack foods instead of chips and chocolate bars.

— Jon Tattrie



AU student Salma and daughter in Edmonton, AB

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# SCIENCE DEGREE IS A STARTING POINT

## CONCORDIA PROVIDES STRONG FOUNDATION

Headlines are full of stories about technology — the latest and greatest computers, treatment tools, and gadgets, but anyone wanting to work in technology needs a firm foundation in basic science.

This is where Concordia comes in.

Science is a hands-on pursuit, and while large universities have large labs, it's typical that only advanced students do actual experimentation, while junior students run computer simulations of experiments.

Concordia University College of Alberta's science programs are atypical because students are in the lab, doing experiments and lab work in physics, chemistry, biology, and mathematics. It's pure observational science. The variety of the lab work is matched by the variety of the directions science can take students.

A degree in science from Concordia is the starting point for a broad range of careers. For example, a concentration in biology serves as a foundation to a career

in medicine, dentistry, chiropractic care, and veterinary care.

A degree majoring in environmental science can be the starting point for careers as varied as fish and wildlife services, conservation manager, or an environmental scientist.

Concordia's chemistry students have gone on to work in development, research, science writing, and even patent law.

Concordia provides a foundation that allows students to set their own path and reach their goals.

As if the enticement of a hands-on foundational science program isn't enough, Concordia encourages top students to enrol in its programs.

Students with an average of 75 per cent in high school qualify for a \$1,000 entrance scholarship. It's an entrance premium for premium students.

A student's future is about choices and options, and Concordia also provides



CONCORDIA UNIVERSITY COLLEGE OF ALBERTA PHOTO

alternatives not available at other universities.

Concordia offers three- and four-year degrees in science, with majors and three-year concentrations in biology, chemistry, environmental science, and mathematics.

The three-year degrees have an added twist — after a three-year degree program in science (they are also eligible for the \$1,000 entrance scholarship for students with a 75 per cent high school average), Concordia's science students can enrol in

the two-year after-degree in education, resulting in two degrees in five years.

Concordia's reputation for academic excellence, strong personal relationships between faculty and students, and the options for three- or four-year degrees with options for after-degrees provide a broad range of choices for students to build the foundation for their future.

For more information about the science programs available at Concordia, visit [concordia.ab.ca](http://concordia.ab.ca). — with files from Concordia

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# TRAIN FOR CAREERS THAT ARE IN DEMAND

Starting a new career in computer-aided design (CAD) has never been so easy.

Train for a career in less than a year in fields that are in high demand by employers at Digital School.

So in demand, in fact, that Brady Sylvester, assistant manager of Digital School, says employers frequently contact the school looking for skilled students to hire after graduation.

"This tells us that the jobs are out there and that our students are qualified to step right into these jobs," Sylvester says.

Digital School is a private career

college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer-aided design.

Digital School offers a number of full-time CAD programs that are less than one year in length.

CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization.

Digital School also offers a part-time online computer-aided drafter program

for those who are looking for a more flexible schedule.

With new intakes four times per year, now is the time to stop in and speak with an admissions adviser to get your career in CAD started soon. The next intake for Digital School will be April and applications are being accepted.

"There is still time to get in, but you don't want to leave it to the last minute," Sylvester says.

For more information about Digital School, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).

# BUTT OUT WITH THE HELP OF NEW U OF A BOOK

There is now a new book out to help health-care professionals to assist smokers in butting out.

Researchers from the University of Alberta have compiled *Disease Interrupted: Tobacco Reduction and Cessation*, a textbook for health-care professionals and students to learn how to deal with tobacco addiction and how to help smokers quit.

"About 20 per cent of the Canadian population smokes," says Diane Kunyk, co-editor and assistant professor in the Faculty of Nursing at the U of A.

"It is a huge burden on society."

Kunyk says the health hazards for smoking are completely preventable and cause an unnecessary strain on our health-care system, but part of the problem in treating this addiction is learning how to deal with it on the front lines and in hospitals.

This book contains the country's first clinical guidelines on treating tobacco addiction. About 50 health professionals from around the world, who are experts in their fields, collaborated to create this book, which has been co-edited by

Kunyk, Charl Els, and Peter Selby.

*Disease Interrupted* shows the troubling health effects of tobacco use and second-hand smoke and highlights safe and effective methods for quitting, and addresses the risks and benefits associated with using medication to quit smoking.

The book also takes a look at a wide range of smoking related issues, from mental health disorders to youth smoking.

For more information about this book or the U of A Faculty of Nursing, visit [nursing.ualberta.ca](http://nursing.ualberta.ca).



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# ENGLISH AS A SECOND LANGUAGE

**NAIT'S ENGLISH AS A SECOND LANGUAGE (ESL) PROGRAM PREPARES STUDENTS FOR ENTRY INTO PROGRAMS AT NAIT AND OTHER INSTITUTIONS.** We have a full-time and a part-time ESL program and students participate in small tutorial and conversation groups. NAIT's two new evening classes help you fit learning into your busy schedule.

## Listening and Speaking [NESL 602] NEW

For students wanting to improve their overall oral fluency and listening comprehension, this course is for you. The instructor will cover a variety of topics of interest while helping you with your pronunciation and accuracy. Students should have a CLBA 3 or higher to take this course.

Date: March 4, 2013 – April 3, 2013  
Time: Mon. & Wed. 6:00 pm – 8:00 pm  
Cost: \$175.00 + \$10.00 material fee

## Academic Grammar and Writing [NESL 604] NEW

This course guides students through the writing process with a focus on structure and grammar. Structures include paragraphs, essays, reports and professional correspondence. Critical thinking, reading and writing skills will be emphasized. Students will have the opportunity to practice their English skills in a variety of settings, including individually, in groups and through teacher directed lessons. It is recommended that students have a CLBA 6 or higher.

Date: March 5, 2013 – April 4, 2013  
Time: Tues. & Thurs. 6:00 pm – 8:00 pm  
Cost: \$175.00 + \$10.00 material fee

## NAIT ESL Full-time and Part-time Programs

NAIT offers five levels of ESL instruction, from Beginner (Levels 1 & 2) to English for Academic Purposes (Levels 3, 4 & 5). A placement test determines a person's appropriate level. Full-time and part-time options in the daytime are available. The three full semester courses in Reading, Writing, and Speaking / Listening are taught by different instructors so students have the opportunity to experience a variety of learning opportunities.

To find out more about how NAIT's ESL program will help you develop the confidence and skills needed for further academic study and job preparation, go to: [nait.ca/esl](http://nait.ca/esl) or call 780.471.7499

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EDUCATION FOR THE REAL WORLD



# UPGRADE ENGLISH WITH ESL AT NAIT

For Ina Boaghie, nothing was going to stand in her way to achieve her career goals, not even the English language.

To give herself the confidence and skills she needed to succeed, Boaghie enrolled in the English as a second language (ESL) program at NAIT after arriving in Canada from the Republic of Moldova three years ago.

"I enrolled in ESL program because I needed to upgrade my English skills to be successful in my present program," says Boaghie, a second-year business administration student at NAIT.

Boaghie, whose first language is Romanian, says her current program involves a lot of writing such as reports, assignments, projects, and would not be able to complete all of these assignments if she had not had the opportunity to take ESL classes.

"All the skills I acquired in the ESL classes prepared me very well for the business administration program," Boaghie says.

"The teachers worked hard on our

## PROGRAM INFO

English as a second language is a non-credit course and is 15 weeks in length each semester.

This program helps students develop the language skills and confidence needed for entry into programs at NAIT or other institutions.

Graduates of this program may move onto post-secondary training or into the workforce.

weaknesses, but at the same time they always encouraged us and made us to be confident in our speaking."

Other methods used to help students connect with the English language include writing in journals, reports, giving presentations, reading and analyzing academic articles.

During the ESL program, Boaghie says she improved her grammar, speaking, and reading skills. "I became more confident



NAIT PHOTO

in speaking English, and it helped me better to interact and network with people," Boaghie says.

Also, meeting new people that were facing the same academic challenges as she was helped her to succeed in the program.

"The best part of this program was that it was not only academically beneficial, but social as well," Boaghie says. "I was very lucky to meet great people with great backgrounds and big futures."

She also thanks her instructors for helping to motivate and encourage her throughout the ESL program and get her on the right path towards her future career goals.

"I would strongly recommend this program to everybody who is looking to build not just his/her English skills, but also to build his/her future as a part of the Canadian society," Boaghie says.

For more about the English as a second language program at NAIT, visit [nait.ca](http://nait.ca).

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# DEVELOP NEW SKILLS

## AT THE ACADEMY OF LEARNING

There is no question that Alberta's job market is doing well, but when it comes finding a career that lasts, now is the time to get the training and start developing your career.

"It is almost as if you have a pulse, you can get a job," says Brady Sylvester, spokesperson for Academy of Learning. "But you need to have the skills and training to get a great job or the job you want."

Sylvester says even though the job market is currently doing well, it will eventually start to cool and employers will be looking to keep those employees with the proper skills and training.

"It is the people with skills who will keep these jobs," Sylvester says.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.



ISTOCKPHOTO/THINKSTOCK

The school offers career training in the main areas of health care, office administration, accounting, IT, and web design. There is no need to wait until September to begin your training since intake is continuous.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more information about Academy of Learning and the programs it offers, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

# SURPRISE YOURSELF AT ROBERTSON COLLEGE

Whether you are looking to break into the health-care profession, or just qualify to work in Alberta, Robertson College can help.

By enrolling in the health-care aide program at Robertson College, step into a career that is in high demand.

"Becoming a health-care aide is an excellent way to earn a living while helping people who are not able to help themselves," says

Violet Reid, campus director of Robertson College, Edmonton campus.

Reid says the health-care aide program is filling fast and recommends applying soon to ensure enough time to avoid any possible obstacles, such as funding, securing daycare, or transportation to and from school.

"Do not be afraid to try something new, you will probably surprise yourself,"

Reid says, adding that any prospective students are welcome to meet with her.

"I am here to assist through the entire process — from admissions to graduation and beyond."

For those who have already completed their education and may be qualified to work outside the province or even outside

the country, the health-care aide challenge program allows an individual who is trained either as a health-care aide in another province or a nurse outside of Canada to challenge the curriculum and possibly receive their provincial certificate in a shorter period of time at less cost.

Reid also says it is possible for someone who has been working as a health-care aide without their certificate to enrol in the program, but a review to determine qualifications may be required.

For more information about Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).



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Fee: \$450  
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### Finishing Your Basement 1 - Framing [HOM10]

Fee: \$420  
Fri, 6 - 9 pm, Sat & Sun 9 am - 7 pm  
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### Motorcycle Maintenance [RPM11]

Fee: \$295  
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### Introduction to Glass Mosaic Tiling [CRP350]

Fee: \$195 + \$40 material fee  
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### Street Photography [PHT65]

Fee: \$435  
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### Solar Photovoltaic (PV) Electrical Installation [ELE66]

Fee: \$925 + \$75 material fee  
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# THIS READING WEEK ... PRACTISE THE 3 R'S

According to one expert, students should take the upcoming reading week break to take their mind off their daily academic stress and recharge before finishing up their school year. Practise the new three R's — rest, relax and refresh.

"I worry about students and the sheer volume of pressure on them, it can wear them down," says Dr. Gordon Flett, professor of psychology at York University and Canada Research Chair in Personality and Health.

"They need a break some times."

Flett says the daily grind and the pressures it brings is a recipe for burnout. As father of two university students himself, Flett sees first-hand the effects of academic stress on his own daughters. He adds there is a common thread between the stress students face and the Canadian workforce.

"We should have more time off for everybody," Flett says.

Comparing to the European labour model, Canadians put in far more hours in a work week than many other countries.

"Time off is money well spent when it comes to the well-being of everyone, including students," Flett says.

To combat stress and maximize your time off, Flett offers a few tips to make sure you are rested and ready to go once school kicks back into full gear.

- **BE SOCIAL.** Don't spend too much time alone, but engage in activities.
- **VOLUNTEER.** It deflects your attention away from school and has a positive social impact on the community.
- **GET SOME SLEEP.** Get rested to prevent burnout and/or illness.
- **READ FOR FUN.** Pick up a book you want to read, not that you have to read.
- **EXERCISE.** This can tire you out so you can get the sleep you really need.
- **AVOID CONFLICT.** Gravitate towards positive and agreeable people.

Travel can also be a great way to get away from it all, but Flett reminds students not to overdo it, so choosing an affordable and accessible destination is always a good idea.

Flett does mention that getting caught up on some school work is fine, just as long as students are not obsessing and not getting the proper break for which reading week is intended.

— Candice Ward

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The fastest relationship killer is financial stress. So think frugal this year. ISTOCK IMAGES

# Do something hot this Valentine's Day: save your dough



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

According to a variety of recent bank surveys, the average couple spends between \$200 and \$400 to celebrate Valentine's Day. The majority of those costs are borne by men.

If you're like most North Americans, still feeling the pinch of credit card bills from December's holiday season, don't blow out your budget on Feb. 14. Treat your valentine to a low-cost and meaningful experience.

Try these ideas to celebrate.

In this crazy, busy age we live in, quality time with your partner is special. So block off your calendar on Feb. 14 and commit to celebrate it together. On your special day, remove interrup-

tions such as cellphones and computers.

Rather than going out for an expensive dinner, have dessert and coffee at a local café instead. Alternatively, make dinner at home. No, you don't need to be Jamie Oliver to cook a great meal. Download a recipe and follow the steps with fresh ingredients. Plus, if you plan your menu around what's on sale at your local grocer, you could save a bundle.

After your romantic home cooked meal (add candlelight for romantic ambiance), download a movie from Netflix or rent a classic film for free from the library. Alternatively, read to each other by a fire or bundle up and go for a stroll outside.

Ditch traditional flowers and buy your love a plant that blooms with flowers year round. Skip the card exchange and write each other love notes instead.

Stumped for words? Simply write what you love about your partner.

If you decide to purchase a gift, hunt around for coupons or buy an on-sale experience you can enjoy together at a less expensive time of year. Alternatively, make a homemade gift by baking, design a scavenger hunt with chocolates, or offer IOU gift certificates to share various household duties.

Remember that when times are lean, many couples choose to spend no money at all. Instead they give the gift of quality time.

If you think it's uncool to be frugal on Valentine's Day, think again. The fastest relationship killer is financial stress. So, why overspend when it could jeopardize the health of your relationship?

Follow Lesley on Twitter  
@LesleyScorgie



## DEVELOPING STRONG FEMALE LEADERS

### THE JEAN FOREST LEADERSHIP ACADEMY

Edmonton Catholic Schools offers young women an opportunity to learn the skills they need to be tomorrow's leaders. The Jean Forest Leadership Academy (JFLA) is an excellent program for students to learn in an all-girls setting from grades 7 to 12.

"Young women will face unique challenges growing up, and at the Jean Forest Leadership Academy we encourage our girls to explore their interests and give them the tools they need to become strong female leaders," says Jeannette McMillan, JFLA senior high assistant principal. "I envision our graduates as future CEOs of corporations."

There are currently more than 100 girls registered in the junior high program at St. Basil School and almost 50 students in senior high at St. Joseph High School. The all-girls program also focuses on

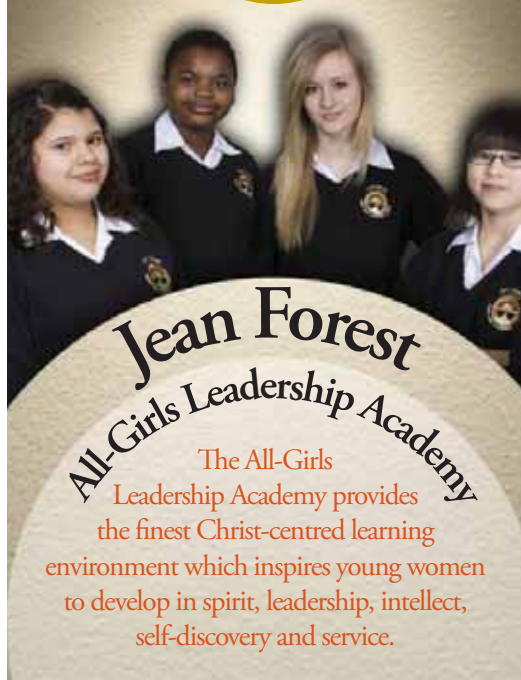
having young women develop an understanding of societal and global issues.

"We offer Christ-centred programming that helps girls develop in spirit, self-discovery and service," says Rena Methuen, JFLA junior high assistant Principal. "We have an excellent relationship with a variety of community partners and work closely with the U of A, the Catholic Women's League, Junior Achievement and a variety of outside agencies."

"By demonstrating to the students the impact they can have in society by being active participants through service, it helps us prove to our girls how influential they can be."

If you would like to shadow a student at the academy and experience what it is like to learn in an all-girls setting, call 780-426-2010 (Grade 10-12), 780-477-3584 (Grade 7-9) or email [info@ecsd.net](mailto:info@ecsd.net).

## Edmonton Catholic Schools



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[www.jeanforest.ecsd.net](http://www.jeanforest.ecsd.net)



METRO CUSTOM PUBLISHING

# When is a loan right for you?

YLVA  
VAN BUUREN  
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan decisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people take a large sum RRSP loan is because it may trigger a tax refund, but that can work

against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:

## You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is

not recommended," Holmes-Winton said.

"You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some banks structure RRSP loans so the first payment won't apply until after

you get the tax refund.

## The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have to have the cash flow to make the monthly payment. Some people have to supplement their income, Holmes-Winton said, by using credit cards

and lines of credit and they end up in worse shape.

## The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.



A lump sum RRSP loan can help reduce your gross income, which reduces the amount of taxes you owe. COMSTOCK IMAGES/THINKSTOCK

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## Contributions. Program allows you to upgrade your education

MICHELLE  
WILLIAMS  
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government program is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any



A new government program is making education upgrading easier for Canadians. ISTOCKPHOTO/THINKSTOCK

funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institution. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay back your RRSP contributions before you apply for a new program. Typically, repayments must start in the

fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself moving into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.



## Pool your savings with a spousal RRSP

When one person in a married or common-law couple has a much higher income than the other, it's a great idea to open a spousal RRSP, especially if you intend to retire before age 65, says Dean Owen, a personal financial adviser in Saskatoon and past chair of ADVOCIS, The Financial Advisors Association of Canada.

A spousal RRSP allows a couple to build up the pool of savings for the person with the lower income so that at retirement there are equal amounts of RRSPs.

"Basically, it's a smart tax move with the intention of income splitting," says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "You're shifting income from the higher income earning spouse to the lower income earning spouse with the objective of reducing the accumulative family tax bill."

How does it work? The spouse with the higher income opens — and contributes to — a spousal RRSP in the partner's name. How much the contributor puts into the RRSP depends on what their contribution limit is that year. If it's \$20,000, for example, they can put the entire amount into their own RRSP, they can put the entire amount into the spousal RRSP, or they can split the amount between the two plans. But they can't go over the limit, Owen said.

While the contributor gets the tax deduction today, "the idea is to even out your retirement savings so you can keep the taxes you pay when you are retired as low as possible," Owen said. Instead of withdrawing \$60,000 from one person's fund, for example, each person withdraws \$30,000 and is taxed at a lower tax bracket.

One caveat is that funds must not be withdrawn for at least three years. If they are withdrawn, the money is attributed back to the contributor who pays the tax bill. When withdrawal occurs after this attribution period, the tax is paid by the owner.

YVLA VAN BUUREN



RRSPs can be a good way to finance a home purchase. ISTOCKPHOTO/THINKSTOCK

## Homebuyers can take advantage of new plan

MICHELLE WILLIAMS  
For Metro

Your dream home just posted a "For Sale" sign — but your assets are tied up in RRSPs. Do you let this opportunity pass you by?

"Not at all," says Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "RRSPs can be a great way to finance a home purchase. If you're a first-time buyer, take advantage of your RRSP investments to buy a home with the federal Home Buyer's Plan."

Home Buyer's Plan (HBP) is a government program that allows first-time buyers to withdraw as much as

\$25,000 from RRSP contributions to buy or build a home for themselves or a related disabled person. "The biggest benefits are that you don't have to pay taxes on this amount, and you have 15 years to pay it back to your RRSP fund," Cheng said. "And if you are purchasing the home with your spouse or partner, you can each withdraw \$25,000."

One firm condition is that payments to reimburse your account must be at least 1/15th of the amount each year. If you can't repay annually, you must pay tax on the amount. Among the other conditions: You must reside in Canada and purchase your home in Canada; the home must be your pri-

mary residence; you must be a first-time buyer or have not owned your principal residence for a period of at least five years; and you must be participating in this plan for the first time.

"The HBP is a good way to get your hands on cash for a down payment, but one disadvantage is that you do lose out on the deferred growth of the RRSP," Cheng said. "You also have to be committed to paying it back on schedule to protect yourself against tax penalties."

For more information on the Home Buyer's Plan and more ways to use RRSP contributions to purchase your home, contact a certified financial planner or your local financial institution.

## Pitfalls investors should avoid

TALBOT BOGGS  
Smart Investing

While the registered retirement savings plan (RRSP) is a great vehicle to help Canadians save for their retirement, there are some pitfalls that investors may not know about and should try to avoid.

Many people, for example, confuse their contribution limit with the deduction limit.

The deduction limit is set at 18 per cent of your previous year's earned income, up to a dollar limit, which changes every year. The maximum dollar limit for the 2012 tax year is \$22,970, up from \$22,450 in 2011, and will rise to \$23,820 in 2013. It is contained in the notice of assessment that you get each year from the Canada Revenue Agency after you have filed your return.

Another pitfall can be saving too much in your RRSP and having too many ac-



Try not to make the same mistakes other investors make when it comes to RRSPs. F10NLINE/THINKSTOCK

counts. An RRSP of between \$700,000 and \$2 million, for example, may sound great, but that money will be taxed at some point. A retiree with such a large plan would be in the 46 per cent tax bracket and would have their Old Age Security (OAS) clawed back.

Having your financial assets spread over several plans can lead to a disorganized investment strategy, duplication, inappropriate asset allocation and paying

more fees than if all investments were consolidated in one account.

Waiting to the last minute to make your contribution is another common pitfall. It can lead to making emotional decisions or parking the money for too long on the sidelines. By contributing early or making regular contributions during the year you get the tax-sheltered returns starting sooner and get the advantages of dollar cost averaging.

Many people also may be investing in the wrong things in their RRSP. As a general rule, it's better to invest in fixed income in your RRSP and equities outside of your RRSP in a non-registered account.

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# Athletes still benefiting from '88 Calgary Games

## Sochi Olympics.

Smart planning built the road and paved it for Canadian winter athletes to become some of the world's best

The founding fathers of the 1988 Winter Olympics had financial foresight.

While Olympic host cities of today build temporary sports venues or convert permanent ones into other types of facilities, Calgary's five are still heavily used for their intended purpose a quarter-century later.

Canada Olympic Park, Scotiabank Saddledome, Canmore Nordic Centre, the Olympic Oval and Nakiska Ski Resort continue to serve all levels of athletes, from recreational to Olympian to pro.

"It has become sort of the best dream we could have had back then," says Frank King, the chairman of Calgary's organizing committee.

"We all did say 'This is not a 16-day event that when it's over, everyone pulls down the tents ...' Everything was to be permanent.

"The athletes were to be given ways and means to develop themselves to be world

competitive."

Calgary won the bid to host the first Winter Olympics in Canada on the city's fourth try. Opening Feb. 13 and closing Feb. 28, they were the first Winter Games to be 16 days instead of 12.

The longer span was key in negotiating what was then a record U.S. television contract of \$309 million, says King, which contributed to Calgary turning a profit.

The '88 legacy is due in no small part to the endowment funds given after the closing ceremonies to the Calgary Olympic Development Association.

The organization, re-branded WinSport a few years ago, remains the caretaker of the funds, paying for the operation and expansion of much of that legacy.

According to WinSport documents, CODA was given two endowment funds totaling \$66 million to invest. The portfolio reached \$185 million in 2007 before nose-diving almost 40 per cent during the recession.

The portfolio is recovering, according to WinSport CEO Dan O'Neill.

"The people who set this fund up here originally, I can't say enough about their foresight," O'Neill says.

"Every time I talk to them I say, 'You guys don't know what you did here.' They do know what they did here, (but) most people don't know what they did ..."

What they did was build the road and pave it for Canada to become one of the world's winter sport powers.

The host team didn't do well in 1988, with just a pair of silver medals and three bronze, but 25 years later, Canada's target at the 2014 Winter Olympics in Sochi, Russia, is to win more medals than any



Figure skating champion Brian Orser leads the Canadian Olympic team into McMahon Stadium in Calgary during the opening ceremonies of the XV Olympic Winter Games on Feb. 13, 1988. Canadian winter athletes continue to benefit from the money and facilities provided by the Calgary Games.

PAUL CHIASSON/THE CANADIAN PRESS FILE

other country.

Canada won the most gold medals at the 2010 Winter Games in Vancouver with 14 and ranked third in the overall medal count with 26.

According to a report commissioned by the Vancouver 2010 organizing committee, almost three quarters of Canada's 2006 medallists in Turin,

Italy, were either from Alberta or trained in the province at facilities left over from 1988.

"We had some success in Calgary and we built on that," says Own The Podium chief executive officer Anne Merklinger. "It was really the seed for our success in winter sport."

THE CANADIAN PRESS

## NHL

### Leafs' Grabovski not punished for alleged biting

The NHL will not suspend Toronto Maple Leafs forward Mikhail Grabovski for an alleged biting incident in Saturday's game against Montreal.

The league said there was no conclusive evidence that Grabovski bit Canadiens forward Max Pacioretty.

Pacioretty says he got a precautionary tetanus shot after the incident in Toronto's 6-0 victory.

The forward emerged from the skirmish showing his arm to the officials and claiming that Grabovski bit him.

"It was an emotional game," Pacioretty said Monday.

"It got out of hand. People were fired up."

THE CANADIAN PRESS

## NFL

### Vick agrees to Eagles contract

Michael Vick took a significant pay cut to stay with the Philadelphia Eagles and compete for a starting job.

The four-time Pro Bowl quarterback agreed Monday to a restructured three-year contract with the Eagles, just two seasons after signing a \$100 million extension that included \$35.5 million in guaranteed money. The new deal is essentially for one year, however.

A source familiar with the contract said Vick could earn up to \$10 million in 2013 if he meets all his performance incentives and the team will void the remaining two years on March 15. That person spoke on condition of anonymity because the terms haven't been released.

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## Olympic legacy

"I think we've been fortunate enough here in Calgary, that each time (the) baton has been handed to someone else, they made a little bit of an improvement on what the person did before."

WinSport CEO Dan O'Neill

# IOC board to cut 1 Olympic sport for 2020



A countdown clock for the 2014 Sochi Olympics installed outside the Kremlin in Manezh Square, with the Kremlin's Spassky Tower at right in the background in Moscow, Russia. MIKHAIL METZEL/THE ASSOCIATED PRESS

IOC leaders are meeting this week to decide which sport to drop from the Olympic program.

At a two-day IOC executive board meeting opening Tuesday, the IOC will also review preparations for the Winter Olympics in Sochi — less than a year away — and the 2016 Summer Games in Rio de Janeiro, as well as select a short list of finalists for the 2018 Youth Olympics.

Modern pentathlon, a tradition-steeped contest invented by the founder of the modern Olympics, is expected to face close scrutiny when the board considers which of the current

## Doping

This week, the IOC will also discuss the crisis in cycling following the doping revelations that led to Lance Armstrong being stripped of his seven Tour de France titles. Armstrong was also stripped by the IOC of his bronze medal from the 2000 Sydney Games.

26 summer Olympic sports to remove from the program of the 2020 Games. Taking out one sport will make way for a new sport to be added to the

program later this year.

The executive board will review a report from the IOC program commission assessing each of the sports contested at last summer's London Olympics.

The report analyzes more than three-dozen criteria, including television ratings, ticket sales, anti-doping policy and global participation and popularity. With no official rankings or recommendations contained in the report, the final decision by the 15-member executive board will likely be influenced by political, emotional and sentimental factors.

THE ASSOCIATED PRESS



# Sun rising on Jays' season following major facelift

**MLB.** Handful of players report to spring training ahead of schedule

The Smashing Pumpkins' Tonight blared from the press box on Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this sleepy slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight. Tonight, so bright."

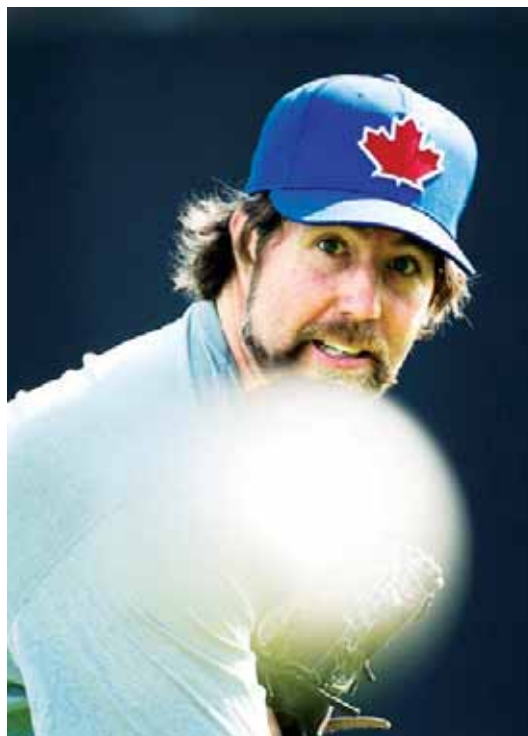
Pitchers and catchers don't report until Tuesday, but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring R.A. Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopefully optimistic last year. But I think this year we expect to win, that's the difference," pitcher Brandon Morrow said.

"This team is built to win and that's all I've ever wanted. Just to get a chance to win," added fellow pitcher Ricky Romero.

But then he sounded what could be a familiar note of caution this spring training.

"On paper, we're a great team ... (but) it doesn't matter what kind of team you have on paper, you've still got to go out there and play. If any-



Toronto Blue Jays starting pitcher R.A. Dickey delivers a pitch during a team workout in Dunedin, Fla., on Monday. Even in spring training, hopes are sky high around the big-spending Blue Jays. NATHAN DENETTE/THE CANADIAN PRESS

thing, the target's grown a little bit on us."

Bautista was all business, yelling, "Hey, we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

The Jays slugger bypassed the media on his way back

to the clubhouse, saying he had to complete his workout. Later, he sent a message via a club official that he was running late and wouldn't be speaking to the media.

"We need him," manager John Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do any-

## Behind the plate

### Arencibia wants to catch knuckleball

J.P. Arencibia says he's looking forward to catching knuckleballer R.A. Dickey.

The Blue Jays also acquired catchers Henry Blanco, Josh Thole and Mike Nickeas, who have all handled Dickey in the past.

But, contrary to other assumptions, incumbent Arencibia says he wants to be at the other end of the Dickey floater.

"Our manager and Alex (GM Alex Anthopoulos) have talked to me and told me from the beginning that they want me to catch him," he said on Monday.

THE CANADIAN PRESS

thing, he's got to be a big part of that."

Prize pitching acquisition R.A. Dickey took to the field early, throwing the ball to Jays minor-league pitching coordinator Dane Johnson in the outfield. No stranger to handling pitchers, Johnson gave it his best shot but was confounded by the knuckleball, even when Dickey announced it was coming.

"Sorry," Dickey said, after yet another ball handcuffed Johnson.

"Don't apologize," said Jays bench coach DeMarlo Hale, clearly liking what he was seeing. THE CANADIAN PRESS



### Wild win in Saddledome

Calgary's Chris Butler knocks Cal Clutterbuck of the Minnesota Wild off his feet on Monday during a game at Scotiabank Saddledome. Mikko Koivu celebrated his 500th career NHL game with the shootout winner as the Wild beat the Flames 2-1. JEFF MCINTOSH/THE CANADIAN PRESS

## Skiing

### Vonn's doctor says November return possible

The swelling around Lindsey Vonn's repaired right knee has gone way down a day after surgery and her spirits way up.

Back in time for the 2014

Sochi Games? Try possibly back in time for the beginning of the World Cup season in late November.

It's looking more promising following the procedure by Dr. Bill Sterett on Sunday to fix Vonn's knee after she shredded two ligaments during a crash last week at the world championships in Austria.

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## Horoscopes

## ♈ Aries

March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

## ♉ Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

## ♊ Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

## ♋ Cancer

June 22 - July 23

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

## ♌ Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

## ♍ Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

## ♏ Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

## ♏ Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

## ♐ Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

## ♑ Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

## ♒ Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

## ♓ Pisces

Feb. 20 - March 20

Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

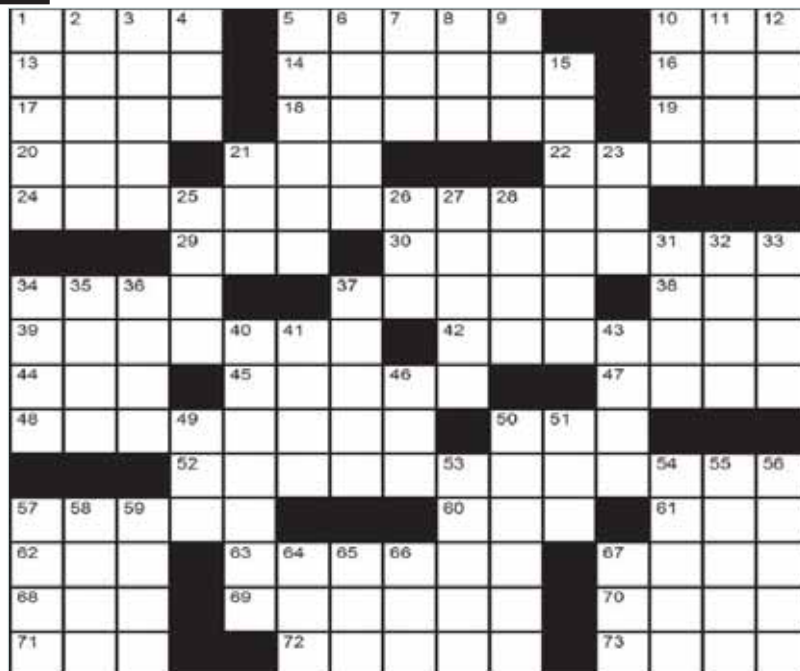
## Crossword: Canada Across and Down

## Across

1. Model search series, "The \_\_\_"
5. Canadian supermodel coach on #1-Across, Coco \_\_\_
10. Motorists org.
13. DC Comics supervillain, \_\_\_ Kadabra
14. Sir \_\_\_ Hillary (Everest mountaineer)
16. Median, mini-ly
17. 'Super', in slang
18. Go-\_\_\_
19. \_\_\_ Lanka
20. 'John Hancock', e.g.
21. Actor Mr. Tognazzi
22. Search engine
24. Canadian singer/songwriter sisters: 3 wds.
29. Untruth
30. Justin Bieber's 'Believe \_\_\_'
34. \_\_\_/\_\_\_ radio
37. Canadian pianist Mr. Gould
38. Grey Cup org.
39. Chocolate/caramel/nougat treat: 2 wds.
42. Instant coffee brand
44. "...man \_\_\_ mouse?"
45. "The Simpsons" convenience store, Kwik-\_\_\_
47. 'Pseud' suffix
48. Fruit sugar
50. Singer Janis
52. 2001 Kevin Spacey movie set in Newfoundland, "The \_\_\_"
57. Guitarist, Lenny \_\_\_
60. Pre-A.D. time alternative
61. Rap star, Tone-\_\_\_
62. Purpose
63. Yellow-bordered mag since 1888: 2 wds.
67. Morning talk's Kelly
68. Philosophy
69. Queen Elizabeth's youngest son
70. Russian ruler, variantly
71. PBS funding org.
72. \_\_\_-face (Reversal)
73. Actor Mr. Donovan

## Down

1. 1859 Charles Gounod opera



2. Aussie actress Ms. Cornish
3. Allison Janney's "The West Wing" role, C.J. \_\_\_
4. Head hearer
5. Music style
6. Ancient theatre
7. "Pick a Puppy" channel
8. Gilligan's dwelling
9. 'Prop' suffix (Fuel)
10. Money
11. Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, \_\_\_ Arrow
12. Currency exchange fee
15. Rehearsals: 2 wds.
21. Prefix with 'cycle'

23. Writer Mr. Milne's
25. Donations
26. Music direction, \_\_\_ segno
27. Fragrance
28. First-rate
31. \_\_\_ highway
32. Questionable
33. Li'l mandarin-like fruit
34. "I \_\_\_ the opinion that..."
35. Dave \_\_\_ (1965 PGA Championship winner)
36. Herr's wife
37. Fathom
40. Dr. Norman \_\_\_
41. Quant \_\_\_ (For my part, in French)

43. Hartford, \_\_\_
46. Gym workout unit, commonly
49. Our version of NASA
50. Encrypted: 2 wds.
51. Birthday changer
53. French composer Jacques
54. Miss Doolittle of theatre
55. Tom of "The Dukes of Hazzard"
56. Frighten
57. Bathroom = Salle de \_\_\_
58. Stand up
59. Ms. Stone of flicks
64. Dictionary abbr.
65. Couple
66. Guy opposite
67. Sales slip, shortly

## Yesterday's Crossword



## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY

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MIN: -3°MAX: 0°  
MIN: -1°MAX: -4°  
MIN: -14°MICHELE MCDUGALL  
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Today, for every text message sent or long distance call made by a subscriber\*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

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